

Adult Day Care Social Model

Signal Centers, Inc. Adult Day Care is a Social Model Program. Social Model Programs are designed to provide simultaneous supervised socialization and stimulating activities.

The Goal: To keep individuals active and, thereby, increase independent living skills, self-sufficiency, and the ability to remain in their own homes.

The Social Model has proven extremely effective for:

- individuals who only require care for part of the day
- individuals who are not medically-fragile
- individuals who do not require continual medical care or monitoring

Each participant of Signal Centers' Adult Center has an individualized plan of care which consists of the following:

- physical exercise
- social interaction
- learning opportunities
- mental stimulation
- personal care/independent living skills

Breakfasts and lunches are provided to ensure that each individual receives the proper nutrition.

All activities and therapies are designed to activate, motivate, and/or retain participants to maximize their functional capacity. Such activities may seem like just a matter of "fun and games" but are, in reality, a valuable tool to increase or maintain independent living skills and overall self-sufficiency.

As an additional bonus, Signal Centers, Inc. Children's Program participants are on-site and are able to interact with the adults in the Adult Center. This allows for a variety of intergenerational activities which greatly benefit all concerned. Children with disabilities can see adults with disabilities who are successful, thereby giving them opportunity for increased motivation. Senior adults are able to interact with children and babies. These special connections are evident during these joint activities as one observes how each group inspires the other.